

ISSUE #06

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White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE



Passion & place

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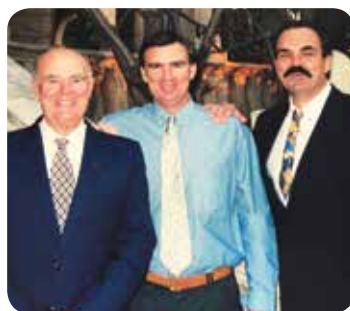
Surf boats in Ulladulla Harbour preparing for the marathon race to Mollymook Beach in the Annual Surf Carnival (January 1962). The senior crew won the race!



Final event of the day was the popular Pillow Fight. The crowd gathered around the umpire in the white hat and watched as the winner sent his opponent sprawling.



Di Morrissey and Julie Sydenham working on their latest children's picture book 'Ula's Magic Lake'.



L to R: Milton, Mark and Chris Burcher circa 1996. Congratulations on 50 years of providing accounting services in Ulladulla.



Turia Pitt holding White Wash with 'guess who' on the cover!



Gary and Michelle Evans from Harbour Publishing with author Jan Kierzkowski (centre) at the launch of 'The Gatherer.'



Tom, Libby and Wally Cupitt taking a well deserved break on the June Long Weekend at Cupitt's Winery.



Rob and Kim Powell at the 2016 Mollymook Cup. Looking forward to this year at Archer Raceway on October 22nd!



DoGa fundraiser for South Coast Animal Rescue in April.



A shot from the early days of Cupitt's Winery. Happy 10th birthday Cupitts!!

EDITORS' NOTE

We love spring on the south coast as we get a taste of some warmer weather and start thinking about dipping our toes in the ocean. The annual ARTfest celebration starts this month, showcasing the amazing creative talent in our community. Make sure you check their website for program details.

In this issue we visit Willinga Park and meet visionary Terry Snow. We were blown away by the amazing equestrian facility he has built at Bawley Point. Terry is a man of passion who has created a world-class centre of excellence that will certainly add an exciting new dimension to tourism and equestrian activity on the south coast.


On a sad note we mark the passing of Trudy Hammond, just short of her 101st birthday. She featured along with her identical twin sister Molly, in Issue #4. We are incredibly grateful that we met her and were able to share her remarkable story. Trudy had grace, humour and enthusiasm for life and will be greatly missed.

Lastly, we really appreciate the way the local community has taken White Wash into their hearts. The continued interest and support has enabled us to grow, and in this issue we introduce two new regular columns focusing on travel and wellbeing.


Enjoy Issue #6 and we leave you with some of Trudy's wise words about life... "Darling, always put on your brightest coloured lipstick to face the world!"

Virginia & Terri

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TWO WAY STREET

AUNTY NELL MOONEY & SARAH BUTLER

They both journeyed very different paths to Ulladulla, but it was in this special place that Sarah Butler and Aunty Nell Mooney connected through a shared passion for Aboriginal education, and they've learned from each other ever since.

Around 120 years ago, Nell Mooney's Aboriginal father was born under the 'Birthing Tree' on Coolangatta Mountain. Nell was also born not far from the Shoalhaven River, in Nowra, the second youngest of 11 children. Her mother died when she was only two-and-a-half, and her sister left school at 14 to help her father. The welfare authorities came to visit, but with the help of his employers, her dad somehow managed to keep the family together.

Nell remembers her father telling her Dreamtime stories, but she missed a lot of words because of recurrent ear infections. Consequently school wasn't easy, "I came first at the other end," she laughs.

Nell met her husband through family, and in 1959 they married and moved to Sydney. After the arrival of four children, Nell's husband wanted to be closer to family, so in November 1972, they relocated to Burrill Lake.

While Nell's history is deeply rooted in the Shoalhaven, Sarah's background was more migratory. Her parents were diplomats with overseas postings. Sarah was at boarding school in South Australia, when at 12, she went on a life-changing holiday with an Aboriginal friend.

They stayed with her friend's grandmother who lived on an Aboriginal settlement outside Port Augusta. As a non-indigenous person, Sarah witnessed first-hand the segregation and racism that existed in the town, at that time. "To be the minority can be scary and threatening," says Sarah.

In the mid-'80s, Sarah studied education at university in Canberra, and an Aboriginal Studies subject sparked her interest in a program run by Indigenous leader Noel Pearson. Sarah noticed some of the Aboriginal students struggling to adapt to university life, so she spent time helping out.

While Sarah was studying, Nell's mind was also on education. Her children were now at school, and she, along with Cheryle Hughes and Jan Allam, saw the need to support Indigenous students. In July 1987, the women started the Aboriginal Homework Centre to provide tutoring after school. It started with their own three children, and at its peak had 55 students. The Centre ran successfully for 21 years – an amazing achievement! – but unfortunately funding was pulled in 2008.

At uni, Sarah met her husband, and they'd often visit his family's holiday house in Ulladulla, which she loved. The couple then moved to Brisbane where Sarah worked at Centacare and again involved herself in Indigenous programs. They welcomed two children, before the marriage broke down. And in 2000, Sarah



Sarah Butler (left)
and Aunty Nell
Mooney in Sarah's
back garden at
Burrill Lake.

acted on her long-held dream, and moved to Burrill Lake with her young son and daughter.

After Sarah's arrival, she wanted to involve herself with the Aboriginal community, so in 2003 she rang the council to see if there was a NAIDOC celebration. Council suggested they needed someone to organise it... Sarah said yes!

Her contact person was elder Aunty Vicky Carriage. A meeting was set up and it was here that Sarah first crossed paths with Aunty Nell. Sarah laughs and says, "They all probably thought, 'Who the hell is this?'"

Without Aunty Nell pushing Aboriginal education in her quiet methodical way it wouldn't be as it is today."

There were a few different Indigenous groups operating in the community at the time, but planning for the NAIDOC celebration brought them together. The 'Sea of Hands' display promoted reconciliation, and it was a hugely successful day. "Sarah helped Ulladulla come alive!" says Aunty Nell proudly.

This process of coming together had other ramifications for the Aboriginal community, too. "We started to talk about our culture... it started to awaken things we had to learn ourselves," Aunty Nell reflects. "So much had been suppressed because of shame."

While teaching at the high school, Sarah continued to involve herself in the NAIDOC celebrations, working closely with Aunty Vicky and Aunty Nell. "I believe we need to recognize the contributions of Indigenous Australians," she explains.

The pair shared fortnightly dinners with Aunty Vicky (until she died at 94), and their friendship deepened. "We just grew," says Aunty Nell.

Despite facing opposition and sometimes straight-out racism in the early days of the Homework Centre, Aunty Nell kept turning up at every school meeting, sat on development committees and grew in confidence as she went. "I was like a bad penny," she says, "But we just stood up, and look at where we are today."

Today she is an honoured guest at all of the local schools... in fact you have to book in early to get her! "If people invite you, you come – it's a community thing," says Aunty Nell, who is always greeted with cuddles from the kids, and often teachers, too!

As Aunty Nell's profile expanded, she turned to Sarah to help her with speeches that she was called on to give.

"I admire her enormously," Sarah says. "Without Aunty Nell pushing Aboriginal education in her quiet methodical way it wouldn't be as it is today."

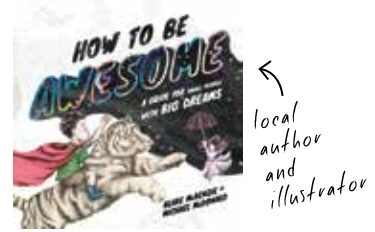
Aunty Nell has received a plethora of awards recognising her outstanding contributions to Aboriginal education, and her work continues today. She's the elder at Ulladulla High School, a support person for Indigenous parents at school meetings, and liaises between teachers and parents, to assist families in crisis. "We've started to break down the barriers," she says.

At Sarah's recent wedding to her second husband, Geoff, Aunty Nell gave the Welcome to Country, and these two remarkable friends stood shoulder-to-shoulder under the fig tree at Mick Ryan Park, as the sun streamed through. "We walk together as one and learn together as one," says Aunty Nell. •

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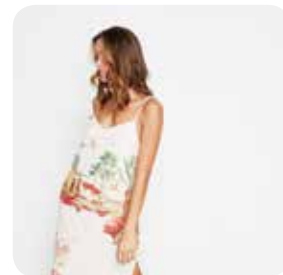
Spring fashion is inherently
upbeat, and this season we
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will set hearts aflutter! Bare
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fabulous prints... Coyote has
everything you need to rock
the warmer weather!



BARE SHOULDERS

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Award-winning architecture and world-class facilities in a breathtakingly beautiful setting, Willinga Park is the realised vision of businessman and philanthropist Terry Snow. In establishing Australia's most advanced equestrian centre at Bawley Point, Terry has made no compromises and taken no shortcuts. The result? An astoundingly impressive addition to our community's many and varied examples of what can be achieved through passion and commitment.

Terry's family has a long connection to the local area – the family has been visiting Bawley for holidays for the past 35 years. Terry's wife, Ginette, has been coming to the region with her family since she was eight. When Ginette's mother passed away, she left a block of land to the family and Terry built a house so they could visit often from their home in Canberra.

When the old Bawley Point gantry was destroyed during the storms last winter, Terry funded its reconstruction to modern specifications, ensuring its endurance for at least another 100 years. "It's a rite of passage. My kids all jumped off it, and it's part of the community's history," he says, adding with wry smile, "I might even be persuaded to jump off it myself."

As a keen pilot, Terry was looking for a block of land on which he could land a helicopter. He purchased 100 acres near Willinga Lake with a long-term plan to establish extensive gardens and regenerate the native bush. Terry went on to buy neighbouring land parcels as they came onto the market. Much of the land he acquired was degraded pastureland and included an abandoned broccoli farm.

At the time of buying the property, Terry

had a few horses, but after a visit to an Australian Stock Horse sale with a friend, he became interested in breeding, competing and showing them. He started with three stables and now has 33... with plans for another 200! "Horses are addictive," Terry admits.

However, horses have not been a lifelong interest for Terry Snow. While he did a bit of mustering as a young man, his career and interests led him in different directions over the years, and saw Terry take on a variety of roles, including piloting planes and sailing around Australia, New Guinea and the South Pacific.

In 1998, he purchased Canberra Airport from the federal government and has since built the impressive new airport terminal and developed the adjacent Majura Park shopping complex and Brindabella Business Park.

His love of horses has come later in life. "People want to put you in a category: 'He's

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Credit: Feature photography by Ginette Snow



Terry Snow congratulating Jamie Kermond the winner of the Open Day Showjumping Competition.



Terry Snow (left) and Willinga Park

a pilot' or 'He's a sailor'," Terry says. "But over time your interests change." He started riding about 12 years ago and has since ridden sections of the Bicentenary National Trail, which stretches from Cooktown in Queensland to Healesville in Victoria.

And so was born Willinga Park. Home to



People have a tremendous love of horses – they are a noble animal and people like to be near them and watch them"

100 horses – mostly stock horses with a few warmbloods – the stud produces 30 foals each year using Artificial Insemination methods and some surrogate mares. "Stock horses are a horse for everything – good-natured, agile, strong, easy to handle and to train."


It's clear Terry has developed a real affection for these horses. He becomes a little melancholy when recalling parting with some of the horses sold at the inaugural sale, held at the Park, in November last year. Sixty horses were sold, establishing Willinga Park in the stock and performance horse stud arena. "Yeh, I'm still thinking about a few of them, you become attached," he reflects.

Willinga Park was formally introduced to the local community and visitors at the open day in March this year. Despite very wet conditions, over 2500 people attended and the feedback was overwhelmingly positive. The day was a way of saying thanks to the community and acknowledging the skills and talent of people in the local area, who helped get Willinga Park off the ground.



The crowd was entertained, by a range of horse activities and events, including

dressage, show jumping, campdrafting, skill at arms, jousting and 'liberty' – a highly advanced form of horsemanship based on mutual trust and respect between horse and instructor. "It was a great day. People have a tremendous love of horses – they are a noble animal and people like to be near them and watch them," says Terry.

While most of the people who visit Willinga Park are horse enthusiasts, you don't need to be interested in anything equine to appreciate the beauty of this fine establishment. The gardens extend over several acres and are home to more than 22,000 native plants. Then there's the architecture, the arenas and the art. Twenty-two pieces of sculpture are placed throughout the grounds, including the awesome bright red shape of Haruyuki Uchida's *Balance Beam* sitting proudly on the hillside as you drive through the entrance gates. ►



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Horsemanship on display in the covered round yard with Dan Steers.



The property not only impresses with the scale and form of the man-made shapes, it has also been carefully planned and developed to support and enhance the ecological environment. There has been extensive replanting of native flora including endangered species. Endemic plantings have also been reintroduced to the garden propagated from locally sourced cuttings at the National Botanic Gardens in Canberra. All water on the site is recirculated for use in the gardens and to enhance the storage of ground water. A natural creek runs through the property and the gardens have been carefully planned to help reduce water run-off and recreate environments that support native fauna. The once rarely seen Green and Golden Bell Frog has established a

It's a community of highly skilled people, and we've enjoyed tapping into that talent as we've developed Willinga Park"

thriving colony on the property, much to the delight of Terry's visiting grandchildren who keep track of the number of frogs spotted in a day (they have recorded 70!)

Terry's commitment to sustainability will see the 400 solar panels currently installed on the property increase to 1600. In establishing Willinga Park, Terry, the staff and contract partners in the project have adopted the ethos "to do everything the best way it can be done". The results speak for themselves.

His passion for horses also has a very practical dimension. His aim is to promote all riding and horsemanship disciplines. Every discipline, from dressage and show jumping to polocrosse and campdrafting, will be promoted and supported at Willinga Park. "Events and competition are so important to the industry," Terry says. "It's an expensive activity – events give the riders an opportunity to get something back."

From September 29 – October 1, Willinga Park will host Dressage by the Sea, the first internationally recognised dressage competition at the facility. The event has attracted huge interest and support, and will see riders from Queensland and Victoria as well as juniors competing. Dressage by the Sea will be open to the community, and will include access to the gardens. Spectators will be treated to the best the South Coast has to offer with local produce, including fresh seafood and local wines.

And next year in May, the stage is set for Australia's biggest campdrafting event, including the largest prize money pool ever seen in the sport in Australia or overseas. The precision and athleticism required of both horse and rider make this an exciting event, and one in which the Aussie stock horse truly shines.

With such prestigious events scheduled and many more to come on the calendar, Willinga Park is certain to be an ongoing triumph for the Bawley Point and wider south coast population. The cohesiveness of the close, long-standing community at Bawley is not lost on Terry, and he hopes that they are as proud of what has been achieved over the past four years as he is. "It's a community of highly skilled people, and we've enjoyed tapping into that talent as we've developed Willinga Park," Terry says.

Terry Snow's 'make-it-happen' attitude is inspiring, and Willinga Park is testament to his passion and commitment. Despite some hurdles, Willinga Park is overwhelmingly impressive in its sophistication and beauty. "I think it has opened some peoples' eyes to what can be achieved," smiles Terry, with characteristic humility. •

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ENHANCE HOME STYLING

Words by Jem Crestani



Credit: Tim Taplin Photography

Sometimes, your situation can change overnight. For me, it was when I, along with thousands more, were made redundant after a major Australian airline went into administration in 2001. This became the catalyst for a move from Canberra to Ulladulla, where my husband was raised, and longed to return.

After settling here, we purchased, renovated and sold two properties, which I enjoyed immensely. I was working again in the travel industry, but began to wonder if there was some way I could reinvent myself in a career that embraced my keen interest in “making over”, D.I.Y-ing and maybe helping people get their homes presenting beautifully for sale.

I completed a certified property styling course, and decided to take a leap of faith! That decision was one of the best I've made, and it's now been 5 years since I started my business, Enhance Home Styling.

There's an old saying – “First impressions count.” The aim of styling your property for sale addresses this – by improving the home's look and appeal. In turn, this can assist in a faster sale at a better price.

I work with both real estate agents and

homeowners, providing advice and solutions to achieving beautifully presented properties that engage buyers on-line, and upon inspection. Each property is unique, but it's always exciting!

The great thing about home styling is that it can be tailored to suit any budget. I provide a range of services: starting from an informative on-site consultation, right through to leasing a complete furniture package for styling vacant homes.

The results and feedback I've received have been outstanding. The best part is watching my client's faces when they see their house transformed. More than once, I've heard my clients say that they love it so much they no longer want to sell! Personally, it's very rewarding and the by-product has been meeting, helping and connecting with some fantastic people in our community.

So, change is why I find myself here in Ulladulla – a place I never imagined living in (I adore it, incidentally!), working in a career I love, that was borne out of the loss of a previous career. And I would not change a thing. •

Enhance Home Styling by Jem Crestani

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IN THE VINEYARD

With Cupitt's Winery



Cupitt's Winery celebrates its 10th year, after opening its doors in June 2007 as a restaurant, winery and cellar door. Over time the business has grown to also include a brewery, cheese making facility, and bar. Ten years on there still is nothing else like Cupitt's on the scene, offering a one-stop shop for all your countryside drinking, dining and relaxing needs.

In the last 10 years Cupitt's has served over half a million diners, employed and trained hundreds of wonderful staff in the hospitality industry and supported many local producers, and musicians.

Cupitt's Kitchen is one of the oldest restaurants in the area and remains a leader in the south coast's booming food scene. Our team of talented, innovative and creative chefs continue to develop the French inspired menu with a provincial twist, constantly researching new trends.

We have built a proud reputation for using local produce, and only working with the highest quality, freshest ingredients including those grown in our Kitchen Garden. Magical service is also a vital ingredient of the Cupitt success story, with the Front of House team continually striving for excellence.

Why not visit for the Tour and Taste Experience: a guided tour from the Cupitt Family stopping at the vineyard, winery, garden, brewery and fromagerie? Tours depart Wednesday – Sunday at 11am (\$30 pp includes wine, beer and cheese tasting.) Bookings essential.

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Kate with one of her massive catches! A kingfish caught down at Kioloa beach.

Credit: Irene Donoghoe

SPOTLIGHT ON A LOCAL TALENT

MORE THAN JUST THE HUNT

WITH KATE ROGERS

Kate Rogers has a connection with the ocean that is deep and strong. When she descends beneath the surface, she enters another world – one of beauty and adventure, where every experience is unique. She says, “Being in the ocean is an escape, a distraction, and it never ceases to surprise me.”

Life has dealt Kate some heavy blows in the last few years, with the loss of both her brother and her father. But she finds the beach a peaceful place and it perpetuates the bond she had with her dad, who taught her everything she knows about the ocean.

Kate grew up here and her earliest memories are of being in or near the water. “Dad always took me on his diving and fishing adventures. He knew all the local spots,” she reflects.

Her father taught her about the tides and the

moon, the wind (and how it affects your fishing or diving location), and most importantly for Kate, about respecting the ocean and only taking what you need to sustain yourself. “It’s ingrained in me,” she says.

While Kate’s father, Steve, was a keen and talented surfer, Kate laughs, “I found surfing scary... I hate big waves!”

She was more interested in being under the water than on top. She started by catching abalone and lobsters by hand, and then progressed to a hand spear. More recently she’s become hooked on the sport of spearfishing. “In the last 18 months I’ve been diving in earnest,” she laughs. “Some would say I’m borderline obsessive!”

After sharing images of her exploits on social media, she came to the notice of The Australian Underwater Federation and was invited to compete at the Inter-Pacific Spearfishing Championships in Guam earlier

this year. The women’s team won silver and Kate loved the experience of connecting with like-minded people.

She would love to see more women involved in the sport, but feels some are turned off because they think a spear gun is a brutal and inhumane way of fishing. Kate believes spearfishing is the most selective, sustainable, and ethical way of hunting for fish. “It comes with great responsibility and respect for the fish and the marine environment that you encounter,” explains Kate.

“When you enter the water, you’re just a visitor there and not at the top of the food chain. It’s a humbling experience..”

Kate only ever takes enough fish to feed herself, her family, and sometimes friends. “It’s important to know the journey of how your food got to the table, and to be able to prepare your catch with the best possible care,” she says.

The joy that Kate gets from the ocean is apparent as she describes diving the previous day with sea lions. The week before she’d spotted humpback whales at Burrill Rocks. “A mother and her two calves swam right by us... it was a surreal experience!” enthuses Kate. Then there was an encounter with a shark at Pretty Beach, which was rather unnerving. Kate and her diving partner calmly assessed the situation and decided to retreat.

You get the feeling that spearfishing is more than a hobby for Kate, it’s a way of life. She interacts with the ocean with understanding. “When you enter the water, you’re just a visitor there and not at the top of the food chain. It’s a humbling experience.”

As for the future, Kate is at a crossroad. After taking time out from managing a café in Canberra to come home and spend time with her family, she’s now looking to the possibility of a new career. One thing is certain, though: “I can never be too far from the ocean,” she says. “This place will always be a part of who I am.” •

Follow Kate on Instagram @k8osm8os

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TEN YEARS STRONG

WITH THE HEALTHFIT CENTRE

Patti Bartlett and Gregg Orphin
at The Healthfit Centre

Healthfit Exercise Physiology Clinic and Exercise Centre is celebrating 10 years and getting stronger... well the regular centre users are getting stronger and certainly fitter! The Healthfit Centre is a vibrant, happy, friendly place to be, and it's discreet. It's generally a lycra-free zone and people wear what they're comfortable in, there's no doof doof music, and there's only one mirror... and that's for checking posture.

So what happens at Healthfit on a typical day? On Mondays, Wednesdays and Fridays at 7am, there's the daybreak cardio, strength and balance class. This class is aimed at people who want to get in their exercise before work without having to get up too early. Some have been attending the daybreak class since it started in 2008! The class is fun, holistic and variable (the exercises change every 8 weeks).

After that, Gregg Orphin, the AEP (Accredited Exercise Physiologist) provides 1:1 consultations, while centre users follow their individually designed exercise programs. Gregg's 30 years' experience as an exercise physiologist means he can work with

people to prescribe a safe exercise program which will start at a sensible level and gradually increase in intensity over time for best results.

A variety of outcomes can be achieved, from strength and balance, pain relief from injuries or chronic conditions, wellbeing, weight management, general fitness, or training for a specific goal or event. Some people prefer home programs while others are centre based. One happy customer dubbed Healthfit as a "Centre of Excellence".

There's always supervision in the gym, which makes it the safest place to exercise, under Gregg's expert guidance. You might also encounter Patti Bartlett or Sharon Mawson for some personal training or motivation, or Jude for all-round friendly encouragement, and some little health tips here and there. The centre also has a healthy 'Recipe of the Month', available through the bi-monthly newsletter, so join the mailing list or catch them at \facebook\Healthfit Exercise Centre.

AEP consultations are rebated by private health funds, under Medicare care plans, DVA, disability funding, or covered for injuries under workers compensation or CTP Greenslip insurance. •

Contact: P. 02 4455 3063 or visit www.healthfit.com.au

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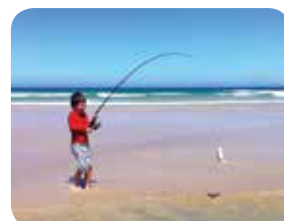
Warm sunny days and dipping our toes in the still very chilly ocean.



The wildflowers blooming on the Florence Head Walk.



Whale watching on the Snapper Point walking track from Merry Beach to Pretty Beach.



Teaching the kids to fish at Lake Conjola.



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LOCAL RECIPE

RED LENTIL DHAL

From Wholefoods Store Milton



The lentil is one of the first cultivated crops in early agriculture and has amazing health benefits.

- 1 cup of split red lentils
- ½ a green capsicum chopped
- ½ tsp turmeric powder
- Sea or Himalayan Salt to taste
- 3 large tomatoes quartered
- ½ cup shredded coconut
- 2 tbs of ghee or oil
- ¼ tsp mustard seeds
- ½ tsp cumin seeds
- Fresh coriander leaves chopped.

1. Rinse the red lentils. Place in a heavy based saucepan with 2 cups of water, turmeric powder and green capsicums. Bring to the boil and then reduce the heat and simmer until soft and mushy.
2. When most of the water has evaporated, use a wooden spoon to mix to a smooth consistency. Add salt to taste, tomatoes and coconut.
3. Heat the ghee in a small frying pan and fry the mustard and cumin seeds. When the mustard seeds begin to crackle, immediately pour the oil and spices over the dhal and cover to retain the aroma.
4. Garnish with coriander leaves and serve hot with rice or chapattis.



GROWING INDEPENDENCE

WITH MULLALA NURSERY

Robert (left) and Anthony (right) enjoying work in the sunshine at Mullala Nursery.

Arriving at Mullala on a bright sunny day there's a buzz of excitement as the staff leave their different tasks around the nursery and converge on the morning tea room to celebrate a team member's birthday. Dean stops to chat about his favourite football team, St George Dragons, and their weekend form, of which he wasn't very impressed!

The Mullala Nursery is located adjacent to the Ulladulla Leisure Centre, and has been in operation for approximately 45 years. It provides a place of work, and consequently a sense of purpose, for people with disabilities in the local community. The organisation aims to provide a range of employment and skill development opportunities. Workers have access to horticultural training as well as work, health and safety courses. Along with the nursery, Mullala runs a few other enterprises that engage workers with a disability. They also collect cardboard for recycling, do security document shredding and produce cleaning cloths for Bunnings Australia.

While supplying plants to customers from Gerringong to Narooma, Mullala also sells directly to the local community. The nursery produces

high-quality native and exotic plants for landscape, commercial and domestic use. Horticulturist, Cassandra, who works at the nursery says, "All the plants grown here are produced by propagation or grown from tube stock. We propagate a minimum of fifty plants at a time. They are then perfectly suited to the south coast because they've acclimatised to the area, which means a high success rate."

Some of the employees live together in 'group homes', including Catherine, who has worked at Mullala for about 15 years and says, her favourite job is "shredding." Charlie has worked there for eight years and enjoys learning about all the plants. "My favourite is Tibouchina," he says, "because it's nice and bright."

While wandering the nursery admiring the plants, there's a nice collegiality on display. This is a special place that aims, through its training opportunities and programs, to empower participants for independent living and to enhance their work opportunities.

Pay a visit to Mullala Nursery, have a chat with the crew, and you'll leave with a beautiful plant and a smile on your face! •

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THE JUNGLE GIANTS

WORDS BY JEM QUINN

Brissie upstarts The Jungle Giants have been on a tear the last few months, touring their latest offering, *Quiet Ferocity* around the country. High school friends turned indie icons, the four piece have turned in a killer LP packed with up-tempo indie jams featuring quirky guitar, punchy percussion and healthy smatterings of synth and cowbell.

Taking a 9 to 5 approach to writing the album, front man, Sam Hales spent the past year hunkered down in the basement of Empire Studios. Speaking with Sam on the eve of the album launch, he described the recording process as far less laborious. "It was awesome. It was fun and easy and really morale building. We started recording earlier than planned because things were feeling so good. We hadn't given ourselves an end date, then all of a sudden, it was like wow, we're done!"

Taking the production reins for this album Sam said, "It was important to get the right sounds and the sounds that were intended. I'm obsessed with '60s and '70s sounding drum kits. Tight, short and punchy, they provide the platform from which the whole album is built. There's no double layering

of guitars, each instrument stands out in the arrangement."

Discussing influences, Sam said he has been listening to northern European producers like Fouk and Todd Terje. "Instrumental house music with real drum kits. There is a certain genius in the subtle changes that capture your attention." While the influence is evident in the purposeful production and the way each instrument features in the mix, the band still stays true to their indie sensibilities, channeling shades of the early noughties, New York post punk bands like The Rapture, The Strokes and LCD Soundsystem.

When asked about the recent successes of Brisbane compatriots like Ball Park Music and Last Dinosaurs, Sam attributed the success to the strength of the Brisbane live music scene. "With so many venues in one area and without the horrible lockout laws like we've seen in Sydney, the Brissie scene is thriving. You go to a gig and you'll be walking down the street and you'll see another band you love. It's a really close knit group up here, and I think it reflects in the music." With output like this, who could argue? •

The Jungle Giants - Quiet Ferocity - Out now.

SPRING ALBUMS

White Wash music columnist Jem Quinn recommends these spring albums.



The Kite String Tangle
The Kite String Tangle



Arcade Fire
Everything Now



Sleepmakeswaves
Made of Breath Only



Cloud Control
Zone



Gang of Youths
Go Farther in Lightness



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IN THE GARDEN

With Gardenhaven Nursery

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TIP FOR THE VEGE GARDEN

Get your patch ready for all the Summer Salad Stars! Plant some seed potatoes for Christmas lunch and lots of leafy greens.

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www.gardenhaven.com.au



THE ARTIST AND THE CELEBRANT

WITH GLENN & THASIA GAULD

Credit: Gabrielle Lachance

Glenn and Thasia Gauld believe in love and magic. They've been married for 27 years, have five children (including a set of triplets) are new grandparents, and love life on the south coast.

While raising their children in the Blue Mountains, Glenn was a palliative care nurse, and Thasia a stay at home mum, artist and teacher. Later, both worked for advertising agencies in Sydney.

As their children subsequently left home, they began planning a sea change. The beautiful south coast, where they had spent many, treasured family holidays, beckoned.

Glenn is a passionate believer in 'happily ever after', and Thasia always thought he would make a great marriage celebrant. When their eldest daughter became engaged and asked her dad to perform the ceremony, it was the incentive Glenn needed.

As *Marriage Celebrant Guy*, he has performed weddings from Sydney to the south coast. "It's important to me that couples are given the freedom to create a ceremony that is uniquely their own and celebrates the union they make with each other."

Thasia studied fine art, has worked on stage

backdrops, numerous commissions, and enjoys teaching. In 2013 she funded a volunteer trip to South Africa from the sale of her paintings, and spent three months working with children. "It was a life changing trip... the first thing I'd ever done by myself." She believes that by giving to others, you truly find yourself.

After recently studying weaving and textile art, with the incredible Natalie Miller, Thasia now incorporates weaving, macramé, along with painting, into her work.

She has an exhibition running in September at Tallwood in Mollymook. All profits from sales and any commissioned work from this exhibition will fund another volunteer trip.

Both Glenn and Thasia feel extremely blessed and agree it doesn't really feel like work when you love and believe in what you do.

As for their day jobs – you can find Glenn, the coffee merchant, at Maverick Coffee Roastery and Thasia at Cupitt's Winery.

"Love. Art. Coffee. Wine... all on the south coast. Makes for not a bad life at all." •

Glenn Gauld - marriagecelebrantguy.com P. 0405 724 777

Thasia Gauld - E. siathasia@hotmail.com P. 0430 312 232



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NEW KIDS ON THE BLOCK

WITH DUKE & CO

It was a bold move to leave behind secure, corporate jobs in Sydney and follow their dreams to Milton, especially with a young family and a baby on the way. But Rebecca and David Wilson did just that! Their dream became a reality last December, when they opened Duke & Co. Cafe, serving beautiful fresh food and great coffee, in a warm and welcoming atmosphere.

Along with chef Jon Reeves, the three make quite a team, with each being perfectionists in their own field. "Dave is fantastic at coffee... it's his passion," says Rebecca. "Jon is incredibly talented on the food front and is always thinking of different dishes and ways he can incorporate fresh, seasonal produce. I designed the interior and the courtyard, look after the books, and love working in the shop with our team."

Duke & Co has a close connection with Claydon Park in Milton, and they source as much produce from the prolific vegetable garden as possible. Jon organises what he would like planted and grown, and the cafe menu changes to highlight what's in season. The majority of the menu is gluten free.

David and Rebecca believe kids and pets are a joy. They provide toys and colouring-in, and parents can shut the courtyard gate and enjoy a meal and a wonderful Pablo & Rusty's coffee, while the kids are entertained. There's always a water bowl waiting for the dogs too!

The Duke & Co. team strive to consistently deliver an innovative menu of an incredibly high standard, and to ensure that their customers have a place that they love coming to. Rebecca laughs, "It's not uncommon for us to be brainstorming ideas at 10pm after the kids are in bed!"

As Duke & Co. continues to grow there are some exciting new plans in the pipeline for summer. Pop-up nights in the courtyard will take advantage of the extra daylight hours, so stay tuned.

Rebecca and David are so grateful to the community for welcoming them with open arms. "We truly love and value all of our customers," shares Rebecca. "They make getting up at 5am that little bit easier!" •

Duke & Co. Cafe, 6/41 Wason Street, Milton

P. 02 4454 3794 Hours: 7 days a week (6am-3pm)

Instagram @dukeandcocafe Facebook @dukeandcocafe



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*Woolworths Shopping Centre
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With over 8 years experience working in women's health and musculoskeletal clinics, and being a keen runner and pilates enthusiast, exercise is my passion! I graduated from Curtin University WA in 2009 with a Bachelor of Science (Physiotherapy).

Alongside my physiotherapy degree I have completed a Certificate in Rehabilitation Pilates. I am committed to returning my patients to optimal function and believe the combination of physiotherapy and clinical pilates can facilitate optimal strength, stability and flexibility within the body and provide a platform for injury resistance.

Since graduating I have worked in private practices in Sydney and the south coast developing close working relationships with sports physicians, orthopedic surgeons, allied health professionals, trainers and coaches. I work with athletes, children and the elderly, but have an especially keen interest in women's health, helping patients deal with issues within the pre and postnatal period, and pelvic floor dysfunction.

Body Align Physio opened its doors two years ago and offers a unique approach to health, wellness and exercise. The clinic has expanded to include fellow Pilates instructor and remedial massage therapist Brooke Sultana. The approach is integrated and individualized – we use innovative and effective evidence based techniques, combined with education and specific exercise rehabilitation to achieve optimal results.

Body Align Physio, 1/85 Talkwood Ave, Mollmook Beach NSW 2539
P. 02 4454 2309
E. admin@bodyalignphysio.com.au
[@bodyalignphysio_mollmook](https://www.instagram.com/bodyalignphysio_mollmook)

A SURFING FAMILY

ULLADULLA BOARDRIDERS



Some of the original club members at the 40th anniversary celebration.

Surfers are territorial and sometimes things can get a little aggressive! That was Peter (Jacko) Histon's experience when he first came to Ulladulla in the early '70s. So he and a few mates, including Bruce Heggie and Carrey Klein, resolved to create a more harmonious vibe in the water. They decided to hold competitions to bring local surfers together in a constructive, purposeful way, and in 1974, Ulladulla Boardriders was formed.

With Jacko as founding president, the club grew. Young surfers came on board, competitions against Culburra and Broulee were held, and social activities flourished. Those early days laid the foundation for a vibrant club that is still thriving 43 years later.

Kurt Nyholm, recent president of the club, believes that Ulladulla Boardriders is still influential today because of the work done by the first committee. "The club commands respect because of its longevity and because it evolved from such good grounding," he says appreciatively.

Local board riding clubs are the starting place for all pro surfers and the Ulladulla club is highly regarded. Kurt says, "We might not have produced a really big name star, but we've had a number of surfers who've made it to state titles, Aussie titles, and the pro-circuit."

He proceeds to reel off a list of extremely talented locals including Glen Kelly, Brett Burcher and up and coming stars Russell Bierke and Sophia Fulton. "There are so many good local surfers who have put so much into the club."

Kurt surfed the pro-circuit for 9 years and believes that the club is very nurturing of all its members, not just the talented ones. "The comps are one important aspect, but it's more than that... the club also ties us together as a community. It's an invisible arm that embraces us all."

Many members have moved through the ranks, and then stuck around to give back to the next cohort coming through. Jason Evans typifies that dedicated dynamic – he joined Boardriders at 12, and is still there at 47 putting up the tent on comp day. "We're getting close to having a third generation involved," says Kurt proudly.

The future is golden for Ulladulla Boardriders with enormous local talent, great surfing locations to choose from, and members who are committed to the club continuing to ride a wave of success. •

f Facebook: Ulladulla Boardriders Club
Kurt at AKWA on P. 02 4454 5222

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16 SARA STORER AT THE MILTON THEATRE 16 September at 8pm P. 02 4455 3056 for tickets.			1 RODDY REASON AT BANNISTERS POOL BAR 1st, 3rd and 5th Friday of each month and alternating Sundays.	10 OPEN GARDEN AT PETANA GARDENS 7 - 10 Nov 1pm - 5pm 11 - 12 Nov 10am - 4pm Visit petanagardens.com.au
17 SPRINGTIME SUSTAINABLE GARDEN WORKSHOP 17 September at Cupitt's Winery. P. 02 4455 7888			2 TALLWOOD STREET FOOD Held on the first Sunday of each month from 12.30 - 5pm	 TALLWOOD CHEFS CHOICE Every Monday night. \$50 a head for 3 courses and a glass of wine. P. 02 4455 5192
23 ESCAPE ARTFEST 23 September - 7 October. Visit escapeartfest.com.au			6 SUSHI LUNCHES At The Treehouse Cafe. Held on the 1st Thursday of every month. P. 02 4455 3991	 NATIONAL PARKS ASSOCIATION 13 - 18 Nov. Four days of exploring the Myall lakes and rivers from kayaks. P. 0409 371 057.
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